

A GUIDE TO
THE TOP FOODS

THAT
HEAL
(AND
HURT)
YOUR
GUT

GOOD EATS FOR GOOD GUT HEALTH

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All disease
begins
in the gut.

HIPPOCRATES

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INTRODUCTION

FROM DREW SINATRA, N.D.

As a naturopathic doctor, I am trained to take a holistic view of my patients' health and my goal is to restore health using nontoxic therapies that address the root cause of disease and suffering. I don't want the quick fix for a patient's symptoms. Instead, I delve deeply into the root causes of their problems and include those factors in my treatment plan.

In addition to herbs, vitamins, and medications, I also include recommendations for dietary changes, body work, and stress reduction techniques—all to help my patients' bodies return to a state of healthy balance.

When I'm treating a patient, I often start with the gut since the health of your gut microbiome affects the entire body. The gut microbiome is mainly composed of bacteria and yeast species, but also contains viruses, protozoa, and other non-infectious micro-organisms that line the entire intestinal tract and are responsible for many specialized functions in the body. In fact, experts believe that the gut microbiome contains 10 times

more microbes than there are cells in your body, with a whopping 100 trillion microbes living in your gut! When there's too much bad bacteria or yeast, the gut is unable to heal itself—which can lead to a whole host of digestive concerns.

When your gut microbiome is functioning properly, it has positive effect for



your whole body, including a stronger immune system, improved mood, better mental health, and more energy. It can even impact your weight! Some people, particularly those who have suffered the results of an unhealthy gut for years, just acclimatize to a new baseline and don't know how good they can feel simply by starting with their gut.

The good news is that help is here! There's so much misinformation about what to eat and what not to eat, so let me educate you on what to eat for a healthy gut. In this report, I've included my top recommendations for a healthy

diet that will help improve your gut health, and in turn, your overall health. In fact, my Jump-Start Menu Plan (PAGE 14) can help you get on board with little to no cooking.

I certainly hope you find this information educational and actionable. I am passionate about healing and helping people. I've seen so many patients turn their health around by addressing their gut health and I'm confident that I can help you find improvements too.

To your good gut health,



Dr. Drew Sinatra

P.S. I'd love to connect with you!
Like my page on Facebook and be part of the conversation.



DR. SINATRA is a board-certified and California-licensed Naturopathic Doctor with a Master of Science in 5-Element Acupuncture and a Bachelor of Arts in Neuroscience. He is a member of the California Naturopathic Doctors Association (CNDA), American College of Nutrition (ACN), International Lyme and Associated Diseases Society (ILADS), American Association of Naturopathic Physicians (AANP), and American Academy of Anti-Aging Medicine (A4M). He treats patients in his private practice in Mill Valley, California.

SAY NO TO THE STANDARD AMERICAN DIET: **SAD INDEED**

More than one-third of Americans are obese—and our high-sugar, high-carbohydrate, low-fat diets are a huge part of the alarming problem. Without even knowing it, many Americans eat what is referred to as the Standard American Diet (SAD).

The SAD is largely sugar-laden, and includes processed carbohydrates, factory-farmed meat, and non-organic dairy products. The only reason I am not a fan of dairy products is that many people unknowingly are lactose intolerant or sensitive to dairy, which can cause inflammation in the GI system. Dairy can be beneficial for many people, particularly the fermented dairy products. The SAD diet is

terrible for gut health as well as overall health. It's heavy on foods that should be avoided (most notably, grains, processed foods, and dairy) and very light on actual healthy foods (including fruits and vegetables, healthy fats, and foods lower on the glycemic index).

To put it simply, it's all bad. The result of eating the SAD diet is not just lousy gut health, but lousy health overall.

FOODS TO AVOID:

Sugar

Processed foods

Refined carbohydrates

Fast food



STAY AWAY FROM ADDED SUGARS

Americans average about 20 tablespoons of added sugars per day, compared to the recommended 6 tablespoons for women and 9 tablespoons for men. You probably already know that sugar is bad for your teeth, mood, skin, brain, as well as every major system in your body. That's because sugars can lead to inflammation throughout the body.

When you look at the nutrition label on food, you will notice it includes the grams of sugar but there is no RDA (recommended daily allowance) for sugar. Why? Because your body does not need sugar. It needs nutrients!

Avoiding added sugars doesn't include sugar found naturally in foods like fruits and milk. Why? Well, when you eat fruit you get the added benefits of vitamins and minerals and it contains fiber that helps to blunt the glycemic response from the natural sugars.

Sugar leads to overgrowth of bad bacteria and that can lead to intestinal issues, irregularity, gas, and indigestion. And having too much bad bacteria can harm the immune system, both making it harder for the body to fight off infection as well as slowing healing.

Steer clear of the obvious sources of sugar, such as candy, pastries, and ice cream. Plus, look for hidden sugars in the packaged foods you eat—including salad dressings, crackers, barbecue sauces, ketchup, and more. Cravings for sweets are satisfied better by eating protein or healthy fats.

Pay attention to what you drink as well. Beer and wine are okay in moderation, but excess will flood your gut with sugar. Sugar in its many forms provides fuel for yeast species in the gut which alters the gut flora and can set you up for a whole host of ailments.

If you make just one change after reading this report, make it limiting the amount of added sugars you consume!
It's the single best thing you can do for your gut health!

3 MOST COMMON DIGESTIVE IRRITANTS

- 1 PRESCRIPTION DRUGS
- 2 SUGAR
- 3 GLUTEN

When the digestive lining of the gut is irritated, it can set the stage for the development of leaky gut, and leaky gut is thought to be an underlying mechanism for the development of autoimmunity. People who are already prone to seasonal allergies, skin issues, or food allergies may find they are more sensitive.





TOP FOODS THAT HEAL YOUR GUT

What you eat matters. This ageless, universal truth is often obscured by fads, crash diets, and companies selling food products. Eating fresh, non-GMO, organic whole foods and fermented foods as much as possible is the best thing you can do.

If you think about food as fuel, you want the highest quality foods to put into your body to support and nourish the cells lining the digestive tract. We've gotten so many conflicting messages about food over the decades that it's easy to get confused.

Pay attention to what you're eating. Organic, fair trade, GMO-free, low-fat, gluten-free cookies—are still cookies. For decades, the low-fat, high-carb diet was recommended, and many people still hold on to that disproved theory. Let go of that old idea! I follow, and recommend, a Modified Paleo Diet.

FOODS TO EAT:

Dairy: Grass-fed butter or ghee, Kefir, and homemade yogurt.

Eggs

Fats: Avocado oil, avocados, coconut oil, pasture-raised eggs, grass-fed pasture-raised marrow bones, MCT oil, extra virgin olive oil, and sesame oil.

Fish: Wild-caught Alaskan salmon, anchovies, black cod, haddock, halibut, sardines, and trout.

Fruits: Apples, apricots, blueberries, blackberries, cherries, medjool dates, figs, grapefruits, grapes, kiwi, lemons, limes, mango, nectarines, papaya, peaches, pears, persimmon, pineapple, plums, pomegranates, raspberries, and strawberries.

Gluten-Free Grains: Buckwheat, millet, quinoa, and rice.

Legumes: Beans, lentils, peas, and fermented soy (tempeh, miso, and natto).

Meats: Grass-fed and/or pasture-raised meats including beef, bison, wild boar, chicken, lamb, pork, and turkey. Bacon is okay to consume occasionally, as long as it's from pasture-raised pigs. Also, bone broth (SEE RECIPE ON PAGE 23) is an excellent staple.

Nightshade Vegetables: Eggplants, peppers, potatoes, and tomatoes are

allowed if you don't react to them.

Rarely, some people develop heartburn, dry skin, or joint pain when these foods are eaten so pay attention if you notice a reaction.

Nuts: Raw almonds, coconuts, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts.

Seasonings: Allspice, black pepper, cilantro, cumin, garlic, ginger, lavender, mustard seed, nutmeg, onion, paprika, parsley, rosemary, sea salt, tamari, tarragon thyme, turmeric, and vanilla.

Seeds: Chia, flax, hemp, pumpkin, sesame, and sunflower.

Shellfish: Crab, lobster, mussels, scallops, and shrimp.

Sweeteners: Coconut sugar, raw honey, maltitol, maple syrup, sorbitol, stevia, and xylitol.

Vegetables: Artichokes, arugula, asparagus, avocados, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cilantro, collards, fennel, garlic, ginger, and green onions, kale, kohlrabi, okra, onions, parsley, parsnips, pumpkins, rutabaga, spinach, summer squash, sweet potatoes, Swiss chard, winter squash, yams, and zucchinis. Fermented vegetables are great too, like beet kvass, kimchee, and sauerkraut.

The image shows three glass jars filled with different types of fermented foods. The jar on the left contains sauerkraut, with visible shredded cabbage and carrots. The middle jar is filled with pickles, showing several whole cucumbers submerged in a yellowish liquid. The jar on the right contains kombucha, a dark brown liquid with a SCOBY (Symbiotic Culture of Bacteria and Yeast) floating on top. The jars are set against a light, neutral background.

FERMENTED FOODS ARE YOUR GUT'S BEST FRIEND

Many cultures around the world prepare and eat fermented foods rich in probiotics, including pickled vegetables and dairy products. In fact, kombucha, which contains several strains of probiotics, is becoming a popular drink.

But in the United States' food supply, we use pasteurization processes to kill pathogens, or the “bad” bugs. Although pasteurization is a necessary treatment for many of our foods and beverages since it destroys pathogenic organisms, it also destroys much-needed probiotics.

Unfortunately, this means that most store-bought fermented foods, including yogurt, contain few probiotics—unless they're added back in after pasteurization. The best way to get probiotic-rich fermented foods is to make them in your own kitchen, just as your grandmother did.

SAY **YES** TO THE MODIFIED PALEO DIET

I recommend (and eat) a Modified Paleo Diet that emphasizes whole foods, including vegetables, pasture-raised and grass-fed meats, fish, eggs, fruits, and nuts.

Why a “modified” Paleo diet? A strict Paleo diet eliminates all grains, dairy products, and soy—and can be difficult to maintain. So, I’ve modified that diet to also include gluten-free grains and legumes, including rice, quinoa, beans, and fermented soy. These are fine to consume in moderation with protein and fats.

If you’re not sensitive to dairy, grass-fed butter and ghee are excellent fats. Non-starchy vegetables can be eaten in practically unlimited amounts. Starchy vegetables like potatoes, yams, sweet potatoes, and winter squash, which can spike your blood sugar, should be limited. With fruit, it is okay to eat 2–3 servings per day, but eating more than that may give you too much fructose for your body to handle.

Fill your plate with a rainbow-colored assortment of vegetables (raw and cooked), a small protein source

(meat, seafood, tempeh, etc.), a small amount of carbohydrates (quinoa, short-grain rice, lentils, etc.), and some healthy fats (olive or coconut oil). See page 16 for healthy recipes.

For some people, it’s hard to let go of packaged foods but if you follow the plan you have in place, you’ll be prepared. Please don’t overeat the packaged gluten-free foods. They just substitute one type of carb for another, typically rice or corn for wheat. Gluten-free options, while providing a helpful alternative to those suffering from celiac or non-celiac gluten sensitivity, are highly processed foods and should not be consumed frequently in large quantities.

This Modified Paleo Diet that I advocate is based on what our ancestors ate before the agricultural revolution 10,000 years ago. In my medical practice, I’ve seen the Paleo Diet reverse many health conditions, including high blood pressure, high cholesterol, high blood sugar, and non-alcoholic fatty liver disease.

GLUTEN-FREE OPTIONS ARE
GENERALLY HIGHLY PROCESSED FOODS
THAT ARE FULL OF CARBS AND SUGAR

WHAT TO EXPECT ON THE MODIFIED PALEO DIET

When you begin eating this Modified Paleo Diet, you may feel sluggish, headachy, or grumpy—and that's normal. Your body must work harder to produce energy from fat and protein than it does to create energy from carbohydrates.

Plus, if you typically eat a lot of processed foods, you may experience some gas and bloating since you'll be eating more fiber than your body is used to digesting. These unpleasant side effects may last for a few weeks, but don't give up!

Everyone's body is different and takes a different amount of time to adjust, but once you do you'll feel a lot better. There's a pot of good health gold that's waiting for you at the end of that grumpy rainbow! I promise that if you stick with it the symptoms will subside and you will reap the benefits, including improved energy, a better mood, and more restful sleep.

FOOD SHOPPING FOR A HEALTHY GUT

I highly recommend shopping for food at farmers markets as much as you can. You're getting delicious, locally grown produce picked at the height of freshness. You can find local farmers markets, CSAs and events at **www.localharvest.org**. More than 85% of vendors at food markets come from within 50 miles of their location.

It's important to check in with your local farmers as many are following organic practices but are not certified organic.



COOK WELL, EAT WELL

If you want to feel good, you need to eat well. What you put in your body matters. Yes, it's a little (sometimes a lot) of work to cook but it's the only way to know exactly what you're eating. Unlike popping waffles in the toaster or pouring a bowl of cereal for breakfast, eating healthfully requires planning meals, shopping, and cooking. But once you get into the habit, you'll love how good you feel.

In fact, you can try my **Jump-Start Menu Plan** below—it requires very little cooking. Instead, most of the meals just need some simple assembly.

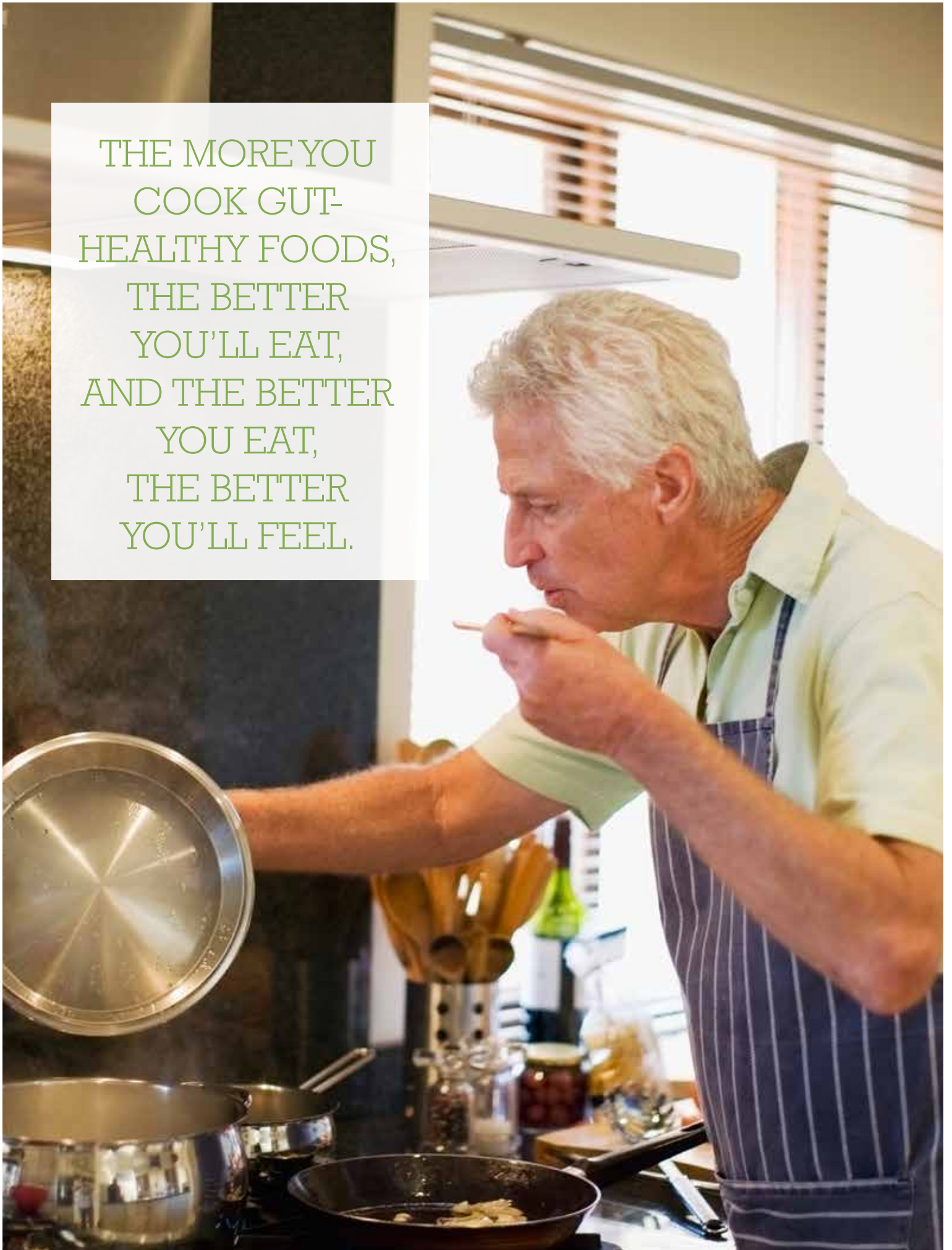
JUMP-START MENU PLAN

| | | | |
|------------------|---|--|---|
| BREAKFAST | Hard-boiled eggs | Bacon and egg cups (PAGE 19) | Quinoa with cinnamon apples (PAGE 18) |
| SNACK | Kefir + fruit | Almonds + fruit | Hard-boiled egg + fruit |
| LUNCH | Garlicky shrimp (PAGE 28) | Mediterranean tuna wrap (PAGE 24) | Chicken apple beet salad (PAGE 24) |
| SNACK | Carrots and almond butter (ingredients: almonds, salt) | Kale chips (PAGE 22) | Smoothie (PAGE 17) |
| DINNER | Rosemary balsamic sheet pan chicken with bacon (PAGE 27) | Slow cooker chicken tacos (PAGE 30) | Breakfast scramble (PAGE 17) |

You might notice I didn't include quantities. Most of these foods are self-limiting. If you're very hungry and eat three hard-boiled eggs for breakfast, that's fine. If you're still hungry after meals or snacks, by all means eat more. Be sure to include at least two cups of non-starchy veggies with your meals to increase satiety. You can also enjoy 2-3 servings of fruit daily. Feel free to mix and match meals and snacks.

Also, be sure to drink plenty of water! When you drink enough water, it's like magic for your digestion and elimination. I don't mind guzzling plain water, but if it's boring for you, add a slice or two of fruit or some herbs for flavor. You can also make a big pitcher of flavored water—mint and cucumber slices are refreshing.

THE MORE YOU
COOK GUT-
HEALTHY FOODS,
THE BETTER
YOU'LL EAT,
AND THE BETTER
YOU EAT,
THE BETTER
YOU'LL FEEL.



Recipes for Gut-Healthy Meals

BREAKFASTS



Breakfast Scramble

Eggs are a great food for breakfast or anytime!

INGREDIENTS:

2 eggs, beaten
½ cup spinach or broccoli, diced

INSTRUCTIONS:

Heat up a small sauté pan with some olive oil. Sauté spinach until wilted or broccoli until soft. Add beaten eggs and cook until desired consistency. **SERVES 1.**



Almond Chai Smoothie

INGREDIENTS:

2 cups raw almond milk (or coconut or homemade hemp milk)
3-6 Medjool dates (pitted)
2.5 cups ice cubes, made with filtered water
1 tbsp. chia seeds
1.5 level tsp. cinnamon
1-2-inch piece of fresh ginger, or 1 level tsp. ground ginger
¼ tsp. ground cardamom
¼ tsp. vanilla powder (OPTIONAL)

INSTRUCTIONS:

Combine ingredients in a blender and blend until smooth. **SERVES 3-4.**



Quinoa with Cinnamon Apples

INGREDIENTS FOR THE QUINOA:

1 cup quinoa
1 $\frac{3}{4}$ cups water
pinch sea salt

INSTRUCTIONS:

Rinse and drain the quinoa in a fine mesh strainer. Place rinsed quinoa, water and salt into a pot. Cover and bring to a boil, then turn heat to low and simmer for about 15 minutes. Remove pot from heat and let stand for about 10 minutes before serving.

NOTE: Quinoa freezes beautifully so feel free to make a double batch and freeze for those days when you're in a hurry.

INGREDIENTS FOR THE CINNAMON APPLES:

1 to 2 tbsp. virgin coconut oil
3 apples peeled, cored, and sliced thin
 $\frac{1}{8}$ cup honey or maple syrup
 $\frac{1}{4}$ cup water
2-3 tsp. pumpkin pie spice
Pinch sea salt

INSTRUCTIONS:

Heat a 10-inch skillet over medium heat. Add coconut oil. Once the oil is melted add the apples and sauté for a few minutes, stirring frequently. Then add honey, water, pumpkin pie spice, and salt. Stir and let simmer uncovered, stirring occasionally, for about 10 minutes or until apples are cooked as desired. The smell is amazing.

Top each bowl of quinoa with the cinnamon apples.

SERVES 4 HUNGRY PEOPLE.



Bacon and Egg Cups

INGREDIENTS:

18 slices of regular-cut bacon
6 eggs
2 tbsp. chopped fresh parsley
Salt and pepper to taste

INSTRUCTIONS:

Preheat the oven to 350°F and spray a six-cavity, large muffin pan with oil.

Create a lattice for each egg cup by weaving three bacon slices together. Press down into each muffin cavity so there are as little holes as possible.

Crack an egg into each cavity.

Bake for 25 to 30 minutes until the eggs are fully cooked.

Use a spoon to remove the bacon and egg cups from the muffin pan. Garnish with freshly chopped parsley.

SERVES 6.



Breakfast Stuffed Peppers

INGREDIENTS:

4 red bell peppers
1 cup fresh spinach, roughly chopped
4 eggs
Sea salt and pepper

INSTRUCTIONS:

Preheat oven to 400°F. Line a square glass baking dish with foil.

Cut off the top of each pepper and remove the seeds. Place peppers into the dish and bake for about 15 minutes.

Remove peppers from oven and stuff the bottoms evenly with the defrosted spinach.

Crack an egg into each pepper.

Bake for about 15-20 minutes or until the egg whites are set and not transparent. **SERVES 4.**

These Breakfast Stuffed Peppers freeze beautifully. Cook them according to the directions and freeze them whole on a baking sheet (not touching each other). Then, wrap individually for freezer storage. To reheat them, place them in a 350°F oven and warm through. **EAT WITHIN 3 MONTHS.**

SNACKS



Spicy Mixed Nuts

INGREDIENTS:

- 2/3 cup almonds
- 2/3 cup pecans
- 2/3 cup walnuts
- 1/8 tsp. chili powder
- 1/2 tsp. cumin
- 1/2 tsp. ground black pepper
- 1/2 tsp. kosher salt
- 1 tbsp. olive oil

INSTRUCTIONS:

Place nuts in a large cast iron skillet over medium heat. Toast until lightly browned. While nuts are toasting, prepare spice mixture. Combine chili, cumin, black pepper, and salt in a small bowl. Coat nuts with olive oil, then coat with spice mixture. **SERVES 4.**



Guacamole

INGREDIENTS:

- 2-3 avocados, ripe
- 1 small onion, finely chopped
- 1-2 clove garlic, minced
- 1 ripe tomato, chopped
- 2 tbsp. lime juice
- Salt and pepper to taste

INSTRUCTIONS:

Cube and mash avocados in a medium bowl. Stir in onion, garlic, tomato, and lime juice. Salt and pepper to taste. Chill for at least half an hour to blend flavors. **SERVES 6.**



Kale Chips

INGREDIENTS:

1 bunch kale

1 tbsp. extra virgin olive oil

1 tsp. salt

INSTRUCTIONS:

Preheat oven to 350°F. Line a regular cookie sheet with parchment paper. Remove the kale leaves from the thick stems, tear or cut into bite-size pieces, and wash and dry them thoroughly. Put kale in a big bowl with olive oil and sprinkle with seasoning salt. Mix until thoroughly coated. Put onto parchment in one layer. Bake until the edges get crispy but not black, 10 to 15 minutes. **SERVINGS VARY.**

LUNCHES & DINNERS

Bone Broth

I often classify bone broth as a “superfood” because it’s loaded with so many minerals, amino acids, and proteins. Due to tremendous range of bone broth benefits, it’s my number one prescription for gut health and healing. Bone broths are often tastier and more nutritious the longer they cook. My preferred method for making bone broth is in a slow cooker. I use a 6-quart crockpot, but you can adjust the recipe to suit your cooking needs. I usually prepare the crockpot first thing in the morning, leave for work and return home to a fresh, delicious bone broth. I prefer to use beef bones for my bone broths (due to the richer flavor), but you can also use chicken bones including chicken feet.

INGREDIENTS:

3.5 lbs. beef bones from organic grass-fed or pastured cows
2 carrots, chopped
4 celery stalks, chopped
1 onion, cut in chunks
6 cloves of garlic (OPTIONAL)
1-2 bay leaves
2 tbsp. apple cider vinegar
Water

INSTRUCTIONS:

Add vegetables, garlic (peeled), bay leaves, and beef bones to the slow cooker. Fill with enough water to cover the bones and add the apple cider vinegar. Set the slow cooker to low and cook for at least 8-12 hours (you can cook for longer, up to 24 hours or longer if desired). **SERVINGS VARY.**

Once the bone broth is done, pour the contents of your slow cooker through a strainer to remove the solids. The bone broth can be enjoyed as is. Or, if you prefer a less oily broth, place the liquid in a glass container overnight and in the morning scrape off the solidified white fat layer from the top. The nutritious broth underneath will have a thick gelatinous consistency. It can be stored in the fridge for a few days, or frozen for months. Some people keep a continuous bone broth going for up to a week at a time adding in water every time they remove broth.



Chicken Apple Beet Salad

INGREDIENTS:

- ½ cup cooked organic chicken, cubed
- 1 apple, cubed
- 1 cup steamed, diced beets
- ⅛ cup walnut pieces
- 1-2 tbsp. balsamic vinegar

INSTRUCTIONS:

Combine first four ingredients, add balsamic vinegar to taste. **SERVES 1.**



Mediterranean Tuna Wrap

INGREDIENTS:

- 1 can of tuna in water, drained
- 1 stalk celery, chopped
- ¼ cup chopped bell pepper
- 1 tbsp. chopped carrot
- 1 tbsp. chopped onion
- ⅛ tsps. cumin
- 1 tsp. olive oil
- 1 tsp. capers
- Handful of kalamata olives, roughly chopped
- 4-6 Bibb lettuce leaves
- Salt and pepper to taste

INSTRUCTIONS:

Combine all ingredients except lettuce. When mixed well, portion tuna into lettuce leaves and eat as a wrap. **SERVES 2.**



Wild Salmon with Garlic, Parsley, and Sundried Tomato Topping

INGREDIENTS:

- 4-6 large garlic cloves, minced
- 1 tsp. Celtic sea salt
- 6 tbsp. finely chopped fresh parsley
- 4 tbsp. finely minced sundried tomatoes
- ¼ cup light olive oil
- 1.5 lb. wild salmon fillet, with skin

INSTRUCTIONS:

To create the topping, put the first five ingredients in a food processor and blend for 30 seconds. Use a spatula to coat the salmon fillet with the topping. Grill or bake at 400° F with the skin side down until the salmon is done (approximately 10-14 minutes depending on thickness of fillet) and it reaches an internal temperature of 145°F.

SERVES 6.



Fried Sausages and Plantains

INGREDIENTS:

2 tbsp. virgin coconut oil or avocado oil
2 yellowish-green plantains, sliced
2 fully cooked organic chicken sausages, sliced
Raw sauerkraut

INSTRUCTIONS:

Heat a 10-inch cast iron skillet over medium heat. Add coconut oil when hot. Then add the plantains and sauté on both sides for about 5 minutes total (use tongs to make turning easy). Push the plantains to the side and add the sausage slices. Cook for about 2 minutes or until heated through. Mix the sausages and plantains together and serve. Serve with raw sauerkraut. **SERVES 2.**



Rosemary Balsamic Sheet Pan Chicken with Brussels Sprouts

INGREDIENTS:

1.5 lbs chicken breast
¼ cup balsamic vinegar
1 cup olive oil, halved
Juice of ½ lemon
2 cloves garlic, crushed
¼ cup chopped rosemary
10 oz Brussels sprouts, halved and stems removed stems cut off
6 slices of bacon, chopped
Salt and pepper

INSTRUCTIONS:

Preheat oven to 375°F. Cut chicken breasts into pieces. Set aside.

Blend balsamic vinegar, ½ cup of oil, lemon, and garlic then add chopped rosemary. Continue blending for at least 1 minute or until rosemary is well incorporated. Place chicken into a container with the marinade; gently shake until well covered. Marinate for at least 10 minutes, but up to 12 hours. Meanwhile, toss Brussels sprouts in remaining ½ cup of olive oil, salt, and pepper.

Line a large sheet pan with parchment. Place Brussels sprouts and bacon on the sheet. Then add chicken. Brush any reserved marinade over sprouts.

Bake until chicken is cooked to 165°F.

Remove from oven and serve immediately. **SERVES 4.**



Garlicky Shrimp

INGREDIENTS:

- ¼ cup extra virgin olive oil
- 10 cloves garlic thinly sliced
- 1 pound large or jumbo shrimp peeled and deveined, tails removed if desired
- 3 scallions, diced
- ¾ tsp. sea salt
- ¼ tsp. freshly ground pepper
- ¼ tsp. smoked paprika
- 1 pinch of cayenne pepper

INSTRUCTIONS:

Heat the olive oil in a large heavy skillet over medium-low heat. Add the garlic and cook, stirring frequently, until fragrant but not brown.

Add the shrimp in a single layer, raise the heat to medium-high, and sprinkle on the salt, pepper, paprika, and cayenne.

Cook until the shrimp turn pink on the bottom, 2-3 minutes.

Flip and cook until the shrimp are opaque throughout, another 2-3 minutes. Serve hot. Top with diced scallions.

SERVES 4.



Cast Iron Steaks with Tomatoes & Spinach

INGREDIENTS:

4 steaks
1 tbsp. olive oil
1 tbsp. minced shallots
¼ cup beef stock
½ pint cherry tomatoes, halved
2 cups spinach
1 tbsp. balsamic vinegar
Salt and pepper

INSTRUCTIONS:

Sprinkle the steaks liberally with salt and pepper and let them rest at room temperature for 10–15 minutes.

Heat the oil over medium-high heat in a large cast iron skillet. Add the steaks and sear for 3–5 minutes per side (longer for well done). Remove the steaks to a clean large plate and allow them to rest.

Reduce the heat to medium and add the shallots and a few teaspoons of the beef stock to the skillet. Scrape up any of the browned bits left by the steaks. Add the tomatoes and cook for about 1 minute to slightly soften them.

Add the remaining stock, spinach, and balsamic vinegar, and cook until the spinach is wilted.

Arrange the steaks on plates add the vegetables and serve at once. **SERVES 4.**



Slow Cooker Chicken Tacos

Sometimes you need a quick and easy meal that's ready for you when you get home.

INGREDIENTS:

3 lbs. boneless, skinless chicken breasts or thighs,
or combination
1 lb. tomatoes, diced
¼ chopped white or red onion
3 tbsp. chopped cilantro
2 tsp. minced jalapeno (REMOVE SEEDS IF YOU LIKE IT MILD)
¾ tsp. kosher salt
2 tsp. crushed garlic
1 tbsp. cumin
½ tsp. paprika
2-3 bell peppers, sliced
½ cup bone broth (SEE PAGE 23)
Lettuce, leaves or shredded (OPTIONAL)

INSTRUCTIONS:

Combine all ingredients in slow cooker, give it a good stir. Cook on low for 6-7 hours or high for 3-4 hours. Serve in lettuce leaves as roll ups, or on lettuce as a salad. **SERVES 6.**



Turkey Burgers

INGREDIENTS:

1 lb. ground organic turkey

2-4 garlic cloves, chopped

¼ cup finely chopped fresh parsley

2 tbsp. finely chopped fresh herb(s) of your choice
(SAGE, THYME, MARJORAM, OREGANO, CILANTRO)

¼ tsp. sea salt

Freshly ground black pepper

Lettuce leaves or gluten-free buns, condiments (OPTIONAL)

INSTRUCTIONS:

Preheat the grill over medium heat (350–450°F). Place all ingredients into a bowl and mix together using your hands. Form into four patties. Don't overwork the meat. Apply olive oil to hot grill grates with a paper towel and tongs. Grill over direct heat until internal temperature reaches 160 degrees. Serve with your favorite condiments on a gluten-free bun, on lettuce leaves, or on a bed of lettuce. **SERVES 4.**

SIDES



Collard Greens

INGREDIENTS:

1 lb. fresh collard greens, chopped
1 tbsp. light olive oil
2 cloves garlic, minced
Celtic sea salt to taste
Sesame seeds to taste

INSTRUCTIONS:

Sauté chopped collard greens in garlic and olive oil. Lightly season with Celtic sea salt and sesame seeds to taste. **SERVES 3.**



Roasted Cauliflower

INGREDIENTS:

1 head cauliflower, roughly chopped
1 tbsp. olive oil
1 tbsp. parsley flakes
1 tsp. garlic salt
½ tsp. salt

INSTRUCTIONS:

Preheat oven to 400°F. Toss all ingredients in a bowl and stir until well combined. Pour cauliflower on a half sheet pan lined with parchment. Every 15 min, toss and stir cauliflower (tongs work best). Bake until golden brown, about an hour. **SERVES 2.**



Sweet Potato Fries

INGREDIENTS:

2 large sweet potatoes or yams

2 tbsp. coconut oil, melted

¼-½ tsp. Celtic sea salt

Garlic powder, paprika, and/or ground black pepper
(OPTIONAL)

INSTRUCTIONS:

Preheat oven to 400°F. Cut sweet potatoes or yams into thin strips (slightly thicker than traditional fries) and add coconut oil and spices to mixing bowl. Mix ingredients together and place on baking pan. Bake until done (30 minutes, depending on the thickness of the fries), turning fries halfway through baking. **SERVES 5.**

7 QUICK FIXES TO BETTER GUT HEALTH

- 1** **Always have healthy snacks with you.** This makes it easier to avoid temptation to eat junk food.
- 2** **Batch cook as much as possible.** You don't need to hard boil eggs every day when you can just hard boil a half dozen at once.
- 3** **Balsamic vinegar and a good quality olive oil** is a perfect salad dressing.
- 4** **Instead of having a sugary soda or sweetened coffee drink,** go for a brisk walk for a quick energy boost.
- 5** **Fruit can be your friend.** Eating a serving or two of fruit daily will give you antioxidants, extra fiber, and fulfill your sweet tooth.
- 6** **If you're on a budget,** there are ways that you can still eat according to this Modified Paleo Plan. Eggs are a perfect food and even a dozen organic eggs (which can be used in many meals) are usually around \$5. You can enjoy eggs dozens of ways, beyond just breakfast.
- 7** **Make a plan** and do your best to follow it. Don't try and wing it.

EAT GOOD, FEEL GOOD

Many people live with an unnecessarily low energy and mood baseline that they don't know is caused by eating lousy food. Focus on eating foods that our ancestors would have consumed like eggs, high-quality meats and seafood, nuts and seeds, a plethora of vegetables, fruits, and healthy fats.

It can take some extra time to plan, shop, and prepare gut-healthy meals at the beginning. But if you keep it up, you'll figure out a few tricks and shortcuts, and it can become second nature. Change won't happen overnight, but it will happen. Be patient and consistent, and with time you won't believe how good you can feel!

FURTHER RESOURCES

wholelifenutrition.net/books/the-whole-life-nutrition-cookbook

Wild Fermentation by Sandor Katz

Wheat Belly by William Davis, MD



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